

FOR YOUR EYES ONLY OPTOMETRY CENTER  
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# Contact Lens Care

Your contact lenses are prescription devices with a limited useful life span. Proper care is necessary for successful wear and good eye health. Please follow these instructions carefully.

Your contact lens replacement schedule: \_\_\_\_\_

Your recommended contact solution(s): \_\_\_\_\_  
\_\_\_\_\_

*Read and follow the instructions on your contact lens solution bottle for directions on disinfection of contacts, acceptable duration for storage in solution, and contact case care (different solutions have different protocols).*

## Contact lens Do's

- Wash your hands and dry them thoroughly before touching your contacts (avoid creamy soaps and sanitizer)
- Adhere to the replacement schedule indicated for your contacts
- For reusable contacts, use fresh solution with your case each day, and clean it weekly

1. Excludes Orthokeratology lenses. See Orthokeratology handout for more information
2. In some cases a shorter maximum time may be recommended by your eye care provider

## Contact lens Don'ts

- Rinse contacts with tap water
- Swim, shower, or bathe while wearing contacts
- Sleep/nap in contacts<sup>1</sup>
- Exceed 16 hours of wear<sup>2</sup>
- Use eye drops while wearing your contacts without discussing them with your eye care provider

**Immediately remove lenses and contact your eye care provider as soon as possible if experiencing any redness, irritation, or changes in vision**

I acknowledge that I have received and understand the above instructions on the care and handling of daily wear soft contact lenses. I have also been informed of the necessity for periodic examinations to monitor eye health and the condition of my contact lenses. It is my understanding the improper use and inadequate care of contact lenses can possibly cause eye irritation, infections, and corneal injury.

X \_\_\_\_\_  
*Patients Signature* *Dispensed By* *Date*

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